

September 13th Journaling & Creativity

Ordinary & Happy
O & H

MORNING

Write a list of ten people you want to reach out to this season.

**POSITIVE
THOUGHT**

I feel hopeful when...

ONE - WORD

Strength.

GRATITUDE

Traditions you've started in your home.

CONNECTION

Family traditions to bring back or keep going.

NATURE

Describe the differences between looking at nature and closing your eyes and listening to it.

SELF - CARE

Things you love about life now.

EVENING

What you want to dream about tonight.

DOODLE

Full moon.

**WATER -
COLOR**

Owl.